



health

Department:
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PROVINCE OF KWAZULU-NATAL

MBONGOLWANE HOSPITAL

ISIBUKO SEMBONGOLWANE

NEWS

STAY INFORMED

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FROM THE CEO'S DESK



Mrs. S.I Mkhwanazi: C.E.O

I am continuously and extremely humbled by the trust that has been bestowed upon me to lead Mbongolwane District hospital; it's a privilege and huge honour to have such a responsibility.

It's the end of the first half of the financial year, we have to reflect on our activities for the year. Look at the distance traveled and compare it with the activities performed. We need to check if we are travelling towards the proper direction and also at the right pace; if not let us re-prioritise, take a deep breath and move on. It's never late to mend, we still have a long way to travel.

I would like to thank all the employees who have put their efforts tirelessly in spite of all the challenges along the way; your hard work does not go unnoticed. My sincere thanks to the employees whose names are often mentioned in the compliments received from the community. There are also some whose names do not appear anywhere but they are doing so well in providing services to the community; keep it up.

As the institution we need to pride ourselves for the strides taken in the Community Based model with the support of our partners; Medicines Sans Frontieres. We are really making an effort to take health services to people. Our main objective is to capacitate community members to take ownership for their own and community health and play an active role in disease prevention as well as treatment adherence, let us do just that.

We had celebrations; learnt a lot from those activities. We are a family, a happy family dances together, eats together and celebrates together; we should not lose sight of that phenomenon. We have said farewell to some of us and we wish them a happy stay at home. We have heard of horrible tragedies which include violence against women and children and we pray to God that our employees and communities are not counted amongst the victims and perpetrators.

Ahead of us we have a mammoth task of ensuring that we do well in Ideal Hospital Realisation and Maintenance. As a team we will do great things and make Mbongolwane a hospital of choice. We ventured into the department where we have to ensure and display selflessness; it should always be about our hospital and about our community; God will take care of ourselves. Let's make a collective effort in ensuring that we excel in what we are doing. United we stand and divided we fall.

MANDELA DAY COMMEMORATION



Mbongolwane team led by Mrs. S.I Mkhwanazi (C.E.O) and Hlongwane family

Nelson Mandela day is commemorated every July 18 as it marks the birthday of our icon. Nelson Mandela International Day bears a resemblance to the idea that each individual has the power to transform the world and the ability to make an impact where ever one is.

All people around the globe are requested to spend their 67 minute giving back to the community.

On the 18th of July 2019, the team led by Mrs. S.I Mkhwanazi (C.E.O) visited two house holds identified by the community health workers to be the most deprived in ward 3&4.

The first family visited was the Hlongwane's family. The family has 9 members (Mother , her 4 children and 4 grand children) living together in one small round house build with mud. There is no source of income in the family.

The second home visited was Mkhize's family. The mother living with her daughter, & her 3 grand children, there is no source of income and she is struggling to make ends meet for her family. The only source of income is the child support grant.

During the visit, food parcels and cloths were donated to both families.

Social worker working together with WBPHCOT intervened on challenges identified and they are to refer family problems accordingly to relevant stakeholders.

Osungulweni Clinic also gave back to the community by donating clothes and blankets to poor families around Osungulweni area. Furthermore they provided breakfast to all patients visited the clinic.

The management would like to forward great appreciation to all individuals who supported with donations in ensuring that 67 minutes of Mandela day was well utilized.

ISIBAYA SAMADODA



Isibaya samadoda members during the gathering

Mbongolwane male staff ended their month with a special gathering in commemorating men's month. The Isibaya samadoda gathering was hosted at the hospital sub campus on the 31 July 2019.

The aim of the gathering was to draw men into the attention of opening up to one another about their health and domestic problems or even financial issues they experience. In this gathering men were also encourage to lead by examples as they are role models to male youth in the community.

The issues they suffer from , it is the same issues the youth will experience and this gathering is exactly the needed podium to address and share solutions on such issues. Doctors within the facility gave fruitful presentations on different topics related to men's health issues.

Most men develop prostate cancer without them knowing. Prostate cancer was highlighted as one of the health issues men face, Dr Mgobhozi gave more information about early symptoms of prostate cancer , how to

maintain healthy life style when diagnosed with it and ways on how to reduce risk factors. Guest speaker, T Nqadu from JHAPIEGO encouraged men on health benefits for undergoing male medical circumcision. She highly emphasized that circumcision lowers the risks of HIV infection.

Male depression is the most ignored topic generally. Dr. Khoza gave health education on depression. He also gave tips on how to see it symptoms. Men's were encourage to speak out about their problems to people they trust or see professionals for assistant.

WOMEN'S DAY AND WOMEN'S FORUM LAUNCH



Guest speakers & members of the women's forum during the cutting of the cake

Women's day commemoration was held on 29th August 2019. Women's forum was then launched for women empowerment and other women issues.

The day was celebrated under the theme #What Women Want. The event was graced by the presence of Ms. Sabela Mbongolwane primary school principal and amongst what she felt women and children need is love, care and respect. *"Women should challenge government to put women in positions of authority because women can do more"*.

Sargent Zincume from Eshowe Police station delivered powerful message focusing on women challenges. She stated that our challenges are not the same, we may want to handle each other's problems but the burden may be heavier. *"However women need not to isolate themselves in silos."*

ISIBUKO SEMBONGOLWANE

Women should voice out their concerns, feelings and verbalize their fears. Women should claim for what is right and should report any forms of victimization or any violence".

Speaker of the day, Mrs. Shangase started her speech by saying when she sees a woman, she sees a project. *"Women have been made to feel inferior, women have been crushed by other women. Women need peace, self worth, love and financial dependency"*.

She encouraged women not to stop improving their lives, not to stop studying, and to achieve more because they are capable. She said women should unite, come together, contribute positively in each others lives and support one another.

Our own professionals were not left behind. Dr Dladla gave inspiring speech on

women's health. Ms T Mlungwane (dietician) & Ms A Mkhize (physiotherapist) gave ladies tips on how to eat healthy and the importance of exercising to maintain the body.

The event closes with cutting of the cake and toast to women empowerment, love and support.

All our female staff were elegantly dressed. Women requested more of events like this as they had time to be joyful and felt it was about them and distressed. Lunch was served and they left wishing for more. Challenge was passed to management that women need a conference. There is more talk about.

WOMENS PRAYER AGAINST VOILENCE IN SOUTH AFRICA



The Women's forum which was recently launched at the end of September raised their voice in prayer for our beloved country. Sr. Sotondoshe on behalf of Women's forum enlighten the congregation on the purpose of this special prayer which was not just about asking for end of hate and violence between us black Africans but also for protection and peace in all our communities.

Women are believed to be more powerful when praying together. Mrs. M.Z. Mthembu blessed the day of prayer with powerful sermon addressing why should we seek help from God through prayer. Based on the scripture found in Exodus 14 verse 14 where it says "the Lord shall fight for you, and he shall hold your peace".

She motivated women to be closer to God and understand the power of praying to fight all the problems which we face in our communities.

With the appalling cases of women and children abuse, murder and attacking of foreign people leading to many deaths in South Africa, Mbongolwane had a prayer on Friday 6th of September to pray against such incidence.

The prayer started with women march within the institution from the main gate to sub-campus where the prayer was held.

PHARMACY MONTH



He also gave more information on how it is diagnosed and showed patients a chart with different types of medication used to treat this illness.

"Mental illness and mental related disorders can be treated using antipsychotics, selective serotonin reuptake inhibitors (SSRI's) and Tricyclic Antidepressants.

He emphasized that these are sufficiently available treatments in the pharmacy. He encouraged patients not to ignore someone if they notice anyone with symptoms of mental illness.

They should consult the nearest health care facility for advice. Mr. Mdluli gave patients advices on managing their stress levels, exercising regularly and to have hope. If any illness is left untreated it may get worse and be very difficult for medication to treat it.

Snack packs with informational pamphlets were given out.

September is recognized as the pharmacy month in the national health calendar. Every health institution is required to participate in pharmacy week.

On 25 September 2019, Mbongolwane hospital pharmacy team led by Mr. Mdluli hosted presentation at Out Patient department where all patients were waiting for the appointments and the consultation with health care practitioners. The presentation was about mental health which was explained by Mr. Mdluli viz a viz the causes and symptoms.

UMGUBHO WENYANGA YAMAGUGU



Abaphathi bamanesi kanye nabasebenzi

Minyaka yonke ngenyanga kaMandulo eningizimu neAfrika kugubha usuku lwama gugu. Siyisibhedlela saseMbongolwane sikhethe ukugubha lolusuku ngendlela engagwayelekile.

Kulonyaka sikhethe ukwenza udwendwe lomshado, sihlanganisa ifindo lasofa silahlane ngokwesintu.

Ngokwenza loludwendwe besiqwashisa abasebenzi ngokubaluleka kokugcina amasiko ethu ngendlela efanele uma umuntu eshada. Lomcimbhi wethu ubuthanyelwe izicukuthwana ezivela ebukhosini bakwa-Ntuli, amalungu

esigungu sokubuswa
kwesibhedlela kanye
nemtholampilo yethu.

Umphathi sibhedlela uNkz S.I Mkwanzazi wakhuluma kabanzi ngokubaluleka kokugcina kwamasiko ethu kanye nenhlonipho.

Abasebenzi babenconsa beshaye imvunulo yabo, ubungaze ufunge ukuthi bebehambele undwendwe langempela.

Kwakusho umkikizio ngesikhathi kungena amabutho eshaya amahubo ezonandisa emcimbini.

Ukudla kwesintu kwakudekiwe, wena zinkobe, mahewu, ngeke ngikuqede, kwakufinywa ngen-dololwane.

Sithanda ukubona abahleli bomcimbi kanye nabasebenzi bonke abenze lomcimbi waba yimpumelelo.

TRAINING OF CLINIC COMMITTEES



PHC Supervisor, Clinic committees and their facilitator

They also play an oversight role in the development and implementation of health policies and provision of equitable health services.

On the 5th –9th August 2019, clinic committees attended a 5 days training at Mbongolwane hospital which aimed to equip them with knowledge and skills for committees to be able to execute their roles & responsibilities as health governance structures.

I'm glad to state that we trained 100% of our clinic committees from 5 of our feeder clinics. Submission to formally appoint our clinic committee were done.

Training & formal appointment of clinic committees will assist the clinics to be compliant with ideal clinic programme.

Clinic committees are health governance structures, created to provide an avenue for communities to give input and feedback into the planning, delivery and organization of health services.

IXOXWA NGEZITHOMBE

NELSO MANDELA DAY COMMEMORATION



WOMENS DAY COMMEMORATION



PHARMACY WEEK



UMGUBHO WENYANGA YAMAGUGU



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